

# MAGGIE Q EXPLORES HER RECKLESS SIDE

THE 'DIVERGENT' STAR DOESN'T DIVERGE MUCH FROM HER ROLE. PAGE 14



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**Wellbeing:**  
Get out of  
your head,  
it's yoga!  
PAGE 20

**Lots of you  
are getting  
nookie from  
co-workers**  
PAGE 22

**D** **Artsy.** The city is offering a new free class to help low-income New Yorkers learn to sell and market their goods on Etsy, an online crafts marketplace. **Groundwork.** The NYC Craft Entrepreneurship Program teaches artists and designers how to turn their hobbies and passions into their very own micro-businesses. PAGE 02

**N**

Nina Owens, far right, shares a laugh during the city-run class that teaches students how to sell their arts and crafts on Etsy. / MILES DIXON, METRO



**[The Difference] is Convenience.**

—Sandra Carr,  
MPA, Public Affairs & Administration, '08

Military Veterans, ask about Operation Tuition Freedom.

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# 1 NEWS

## Quoted

"Finally, let this be a reminder that at the end of the day, as tough as New Yorkers are, we can come together as one to achieve common goals that are in the best interest of our children, our loved ones and our city."

Danny Oquendo, thanking New Yorkers for helping search for his missing brother, Avonte Oquendo, whose body was later discovered in the East River.

## Giveaway

### Toasting the new season

Metro would like to make a toast — to spring! What better way to celebrate the arrival of the season than a refreshing glass of wine? One lucky Facebook fan will win a three-month membership to Plonk Wine Club, letting him or her enjoy two delicious bottles each month. Just "like" Metro New York on Facebook and enter our contest before March 30 for a chance to win. Cheers!

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The city hopes to enroll up to roughly 500 people a year in its Etsy program, which teaches students how to sell their crafts. / MILES DIXON, METRO

# Etsy course helps crafty New Yorkers

## Entrepreneurs.

Learn how to launch a micro-business from experienced sellers.

Ingrid Gonzalez, a 30-year-old employment counselor from the Bronx, knew she wanted to start a business — she just wasn't sure how.

"I had the entrepreneurial urge but no real direction," said Gonzalez, who lives in East Tremont.

That's when Gonzalez

came across a new city initiative that helps New Yorkers make extra cash by selling goods on the website Etsy. Launched this month, the NYC Craft Entrepreneurship Program teaches low-income city artists and designers — those earning \$52,793 or less a year — how to turn their work into a micro-business.

Since graduating from the program's pilot class last fall, Gonzalez has spent long nights knitting scarves, hats and cowls for her Etsy store, IngMade.

Citi Community Development provided \$155,000 for the program, and the

## To apply

To apply to the program, visit [nyc.gov/workforce1](http://nyc.gov/workforce1). Applications for the next quarterly session are due Tuesday.

city hopes to enroll roughly 500 New Yorkers a year.

The course consists of five workshops, spread over two weeks in each of the five boroughs, and covers topics such as branding, pricing and photography. The curriculum was developed by the city and Etsy, which found experienced online sellers to teach classes.

Brandi Harper, 27, instructed a pilot class last year and will continue to teach courses. Also selling knitwear at her own Etsy store, purIBknit, Harper

said the online marketplace is a great tool to start a local businesses.

"It's teaching people how to teach themselves," Harper said.

The success of the pilot program has led to a full rollout this year, according to Maria Torres-Springer, commissioner of the city's Department of Small Business Services.

Since launching her store during the first class, Gonzalez has made at least 25 transactions, taking in more than \$850. She acknowledged she's still far from replacing her "day job," but said that isn't the point of the program.

"It put me in touch with a network of like-minded crafty people," she said.

ANNA SANDERS  
@AnnaESanders  
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## Teaching the ins and outs

"The program gave me deadlines and made me accountable to myself — it gave me that energy and that fire." Gonzalez



Citi Bike is looking to raise millions after a hard winter. / GETTY IMAGES

## Historic



New York State Pavilion  
PEOPLE FOR THE PAVILION

## NY State Pavilion set to open to public

The iconic New York State Pavilion, largely dormant in the years since it was built for the 1964 World's Fair, will open to the public next month for the first time in decades.

Volunteer preservation group People for the Pavilion announced this week that the pavilion will open for its 50th anniversary on April 22.

Visitors interested in glimpsing the interior of the facility will be required to wear hard hats as they peer into the three towers and the remnants of the 350-by-250-foot "Tent of Tomorrow."

Queens Borough President Melinda Katz last week chaired the first meeting of a task force intent on preserving the structure that looms over Flushing Meadows-Corona Park.

EMILY JOHNSON

## By the numbers

# \$43M

The preservationists hope to see the pavilion revitalized as a public space. It could cost between \$43 million and \$72 million to preserve.

## Cycle city. Struggling Citi Bike to get no financial boost from NYC

Even as the ledger behind the blue-hued bikes is bleeding red, Mayor Bill de Blasio said on Friday that the city won't use tax money to boost the struggling Citi Bike program.

De Blasio said that while he values the bike share program launched last year, the city will only commit to help from a distance.

"They do have real economic challenges that they're facing," de Blasio told reporters. "Our transportation commissioner, Polly Trottenberg, is going to work with Citi Bike, looking for ways that we can be in collaboration with them, find ways to make their operation more efficient, more effective. And we want to see

them succeed."

Some of that growth includes expansion into neighborhoods in the outer boroughs that the program has not reached. But city money is not on the table as part of that cooperation, he added.

"At this moment, that's not in our plans," de Blasio said.

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## Joker

**De Blasio gets into the act at Inner Circle dinner**

Mayor Bill de Blasio got the last laugh at Saturday night's Inner Circle dinner as he mocked his own tardiness, lagging poll numbers, horse carriages and more.

The annual dinner,



Inner Circle performance  
OFFICE OF THE MAYOR

organized by the New York City Hall press corps, played host to the mayor, first lady Chirlane McCray and his cadre of celebrity friends — including actors Steve Buscemi, Cynthia Nixon, Chris Rock and more.

In one skit, the mayor interviewed Buscemi, who was in character as "Boardwalk Empire"'s Nucky Thompson, as a

potential member of his administration.

De Blasio also donned an afro similar to his son Dante's.

The dinner is organized by the Inner Circle group, which hosts the annual black-tie event to benefit more than 100 local nonprofits around the city. The group was formed in 1922.

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The changes could ease financial burdens on restaurant owners. / GETTY IMAGES

## Restaurants will see fines drop under new reforms

**Grades.** The city has made changes to the Health Department ranking system.

lion. By the end of 2012, the city reported \$52 million in fines. The new changes are expected to drop by \$20 million.

"Letter grading was never intended to be a revenue generator for the city of New York," Council Speaker Melissa Mark-Viverrito said.

The new rules also include a provision that allows restaurant owners to request a consultative inspection — a penalty-free option in preparation for the real thing.

"We are giving restaurants the tools they need to improve their performance," Health Commissioner Dr. Mary Bassett said.

The announcement follows up on campaign promises made by Mayor Bill de Blasio to ease burdens on small businesses.

Restaurants in New York City can expect to see some changes aimed at reducing fines and helping owners improve the scores posted on their front doors thanks to an agreement between city officials.

The reforms come after weeks of negotiation between the City Council and the Health Department, both of which agreed to reduce fines by 25 percent, closer to amounts levied against violators before the grading system launched in 2010.

Before the health inspection system was overhauled by the Bloomberg administration, the city took in about \$32.8 mil-

CHESTER JESUS SORIA  
@chestersoria  
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### Rankings

The city's health inspection system has faced scrutiny and criticism since former Mayor Michael Bloomberg launched it four years ago.

- "Those that don't want to clean up their kitchen, I know why they're bitching," Bloomberg said.

- The city most recently reported that 88 percent of New York City restaurants have an A grade.

- The number of city restaurants with B ratings dropped to 10 percent and those with C grades to 2 percent.



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**Date:** Wednesday, March 26, 2014

**Time:** 12:00 pm–1:00 pm

Meet and greet with Dr. Oliver Sacks will follow

**Location:** NYU Langone Medical Center  
Farkas Auditorium, 550 First Avenue, at 31st Street

**Online:** Watch the event streamed live at [nyulmc.org/webcasts](http://nyulmc.org/webcasts)

Dr. Oliver Sacks is a physician, best-selling author, and professor of neurology at NYU School of Medicine. He is best known for his collections of neurological case histories, including *The Man Who Mistook His Wife for a Hat*, *The Mind's Eye*, and *Awakenings*, which inspired the 1990 Academy Award-nominated feature film starring Robert De Niro and Robin Williams. *The New York Times* has referred to Dr. Sacks as “the poet laureate of medicine.”

Presented by Rusk Rehabilitation for Brain Injury Awareness Month.

This event is free of charge and does not require registration. For more information, call **855-NYU-RUSK (698-7875)** or email [rusk.info@nyumc.org](mailto:rusk.info@nyumc.org).



Supporters rally for the Dream Act in New York City. / GETTY IMAGES

## City leaders back push for Dream Act in Albany

**Future.** The mayor and City Council speaker announced their support of the controversial legislation.

Mayor Bill de Blasio and City Council Speaker Melissa Mark-Viverito announced their support of the Dream Act in Albany on Saturday.

Speaking at the Somos El Futuro conference organized by Latino state lawmakers, de Blasio called the bill, which would

make children of illegal immigrants eligible to receive state financial aid for education, a “simple act of compassion.”

“It is a simple statement of morality to reach out to your young people, who are so much of our future,” the mayor said. “We can’t care where they were born. We only care what is born in them.”

The statement of support, which came amid budget negotiations, did not include a specific plan to include the Dream Act in the state budget. The state Assembly passed the Dream Act last month, but it failed in the Senate.

### Moral choice

“It is a simple statement of morality to reach out to your young people, who are so much of our future.”

De Blasio

At the time, Gov. Andrew Cuomo, who supports the bill, promised to continue working toward seeing it realized.

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### Coney Island

## Suspect still at large after shooting

Police said a man took himself to Coney Island Hospital on Saturday night after a shooting in Brooklyn.

Officers said the man in his 20s went to Coney Island Hospital after he was shot in the arm at the Excelsior Yacht Club.

Investigators said the shooter remains at large.

CHESTER JESUS SORIA

## Sandy. FEMA to fund replacement boilers

The federal government will front the city \$100 million to pay for new boilers at dozens of housing projects damaged by Superstorm Sandy.

On Sunday, Mayor Bill de Blasio and Sen. Chuck Schumer announced that the Federal Emergency Management Agency would pay for 110 boiler replacements in NYC Housing Authority buildings, with work scheduled to begin this year.

Many of the boilers in



Sandy damage / NYCHA, FLICKR

NYCHA properties were irreparably damaged after Sandy flooded basements. CHESTER JESUS SORIA

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## French satellite. Image also shows possible plane debris

French satellite images show "floating debris" in the southern Indian Ocean, Paris said on Sunday, which together with Chinese and Australian images of suspicious objects in the same wide area have focused the search for a missing Malaysian jetliner in remote seas off Australia.

The new lead came as the international search for Malaysia Airlines Flight MH370 entered its third week, with still no confirmed trace of the Boeing 777 that vanished with 239 people on board.

"This morning, Malaysia received new satellite images from the French authorities showing potential objects in the vicinity of the southern corridor," the Malaysian Transport Ministry said in a statement. "Malaysia immediately relayed these images to the Australian rescue coordination center."



Royal Australian Air Force scan ahead as they search for missing plane. / GETTY IMAGES

Distance

# 2.5K

The debris in the Australian image was about 2,500 kilometers southwest of Perth. The Chinese sighting, captured two days later, was 120 kilometers "south by west" of that.

Australian Prime Minister Tony Abbott had said there was "increasing hope" of a breakthrough in the hunt for the plane on the strength of Chinese and Australian images of possible large debris.

REUTERS

### Flight MH370

## Pilot shared his flight simulator passion online

Some trace of the passion that Zaharie Ahmad Shah had for flying can be found in the trail of e-mail exchanges and online message board posts that detail the Malaysia Airlines pilot's construction of a state-of-the-art flight simulator at home.

Now the stack of computer monitors, graphics cards and software he painstakingly sourced and improved is being pored over by investigators trying to make sense of the disappearance more than two weeks ago of the passenger jet he was piloting.

There is no evidence that Zaharie was responsible for the loss of Flight MH370, which had 227 passengers and 10 crew, including the 53-year-old captain, aboard. REUTERS

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# NATO commander warns of Russian threat to Moldova



Russian special forces storm the Ukrainian Belbek Airbase near Sevastopol, Ukraine. Russian troops have seized control of Belbek Airbase, one of the last Ukrainian military bases which have not surrendered after the annexation of Crimea by Russia. / GETTY IMAGES

## Drawing parallels.

Sen. John McCain compared Putin's actions to those of Adolf Hitler in 1930s Germany.

NATO's top military commander said on Sunday Russia had built up a "very sizeable" force on its border with Ukraine and Moscow may have a region in another ex-Soviet republic, Moldova, in its sights after annexing Crimea.

Russia was acting more like an adversary than a partner, NATO's Supreme Allied Commander Europe, U.S. Air Force General Philip Breedlove said, and the 28-nation alliance should rethink the positioning and readiness of its forces in eastern Europe.

Russian troops, using

armored vehicles, automatic weapons and stun grenades, seized some of the last military facilities under Ukrainian control on Saturday in Crimea, the Black Sea peninsula that Russian President Vladimir Putin formally annexed the day before.

Breedlove was one of several Western officials and politicians to warn on Sunday that Russia may not stop there in a crisis that has taken East-West relations lurching back towards the Cold War.

"The [Russian] force that is at the Ukrainian border now to the east is very, very sizeable and very, very ready," the NATO commander said.

U.S. Sen. John McCain, a Republican foreign policy specialist, told Britain's BBC that Putin's actions in Ukraine were akin to those of Adolf Hitler in 1930s Germany. **REUTERS**

## Potential incident

### Ukraine's top diplomat says risk of war with Russia grows

Ukraine's foreign minister said the chances of war with Russia are increasing as thousands of Russian troops gather on his country's border.

"We are ready to respond," Foreign Minister Andrii Deshchytzia said in an interview broadcast today on ABC-TV's "This Week" program.

"The Ukraine government is trying to use all the peaceful, diplomatic means and diplomatic means to stop Russians, but the people are also ready to defend their homeland," he said.

**BLOOMBERG**

## Extreme weather. Three dead, 18 missing in Washington landslide

Eighteen people remained unaccounted for on Sunday following a landslide in northwest Washington state that claimed three lives, officials said.

A sheriff's office spokesman said it is unclear if the missing people are trapped or have simply not reported their whereabouts. They

## Homes destroyed

6

Six homes were destroyed as it tumbled across a state highway on Saturday, leaving a layer of mud rock and debris 15 to 20 feet deep in some places, said Shari Ireton, spokeswoman for the Snohomish County sheriff's office.

have asked people affected to report to the Red Cross so an accurate missing count can be made.

The slide happened as embankments along State Route 530 near Oso, Wash., gave way. The area covered by the slide is estimated at one-half mile wide, officials said. **REUTERS**

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The Family Arena in St. Charles, Mo., is 226 miles east of Kansas City. / GOOGLE

## Elephants escape from St. Louis circus, damage two vehicles

**The elephant not in the room.** The animals suffered no apparent injuries from the brief escape.

Three elephants escaped from a circus in suburban St. Louis on Saturday, damaging two vehicles but causing no injuries

before they were captured, a circus spokesman said.

The pachyderms busted out the back entrance of Family Arena in St. Charles, Mo., at about 5:30 p.m. local time between performances of the Moolah Shrine Circus, said event spokesman Dennis Burkholder.

They were in a private holding area and es-

Time on the loose

20

Trainers discovered the elephants missing and had them back in captivity after about 20 minutes, Burkholder said.

caped into an employee parking lot, Burkholder said. It is unclear how they got out, he added.

REUTERS

## Temporary stay

### Ruling to strike down Michigan gay marriage ban put on hold

A U.S. appeals court on Saturday placed a temporary hold on a federal judge's ruling that struck down Michigan's ban on gay marriage, a move that followed hastily arranged and joyful wedding ceremonies in the state.

The decision by the U.S. Court of Appeals for the Sixth Circuit came one day after the lower court's ruling, which briefly made Michigan the 18th state in the nation to allow same-sex marriage.

With a temporary stay granted, same-sex couples married on Saturday could find themselves in legal limbo. **REUTERS**

## Violated air space. Turkish F-16 shoots down Syrian plane



A Turkish F-16 fired a rocket at the Syrian jet and it crashed around 1,300 yards inside Syrian territory. / GETTY IMAGES

Turkish armed forces shot down a Syrian plane on Sunday which Turkey said had crossed into its air space in an area where Syrian rebels have been battling President Bashar al-Assad's forces for control of a border crossing.

"A Syrian plane violated our airspace," Prime Minister Tayyip Erdogan told an election rally in northwest Turkey. "Our F-16s took off and hit this plane. Why? Because if you violate my airspace,

our slap after this will be hard."

Syria condemned what it called a "blatant aggression" and said the jet was pursuing rebel fighters inside Syria. It said the pilot had managed to eject before the plane crashed.

The Turkish general staff said one of its control centers detected two Syrian MIG-23s around 1 p.m. and warned them four times after they came close to the Turkish border. **REUTERS**

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First Lady Michelle Obama enjoys a boat ride on Kunming Lake at the Summer Palace in Beijing. / GETTY IMAGES

# First lady: Freedom of Internet is a right

**In China.** Michelle Obama addressed students in Beijing.

U.S. first lady Michelle Obama told an audience of college students in the Chinese capital on Saturday that open access to information — especially online — is a universal right.

But Obama stopped short of calling on China to offer its citizens greater freedoms on a visit in which she is expected to steer clear of more complicated political issues, but rather try to build goodwill through soft diplomacy.

"It is so important for information and ideas to

flow freely over the internet and through the media," Obama said told an audience of about 200 U.S. and Chinese students at Beijing's Peking University.

"My husband and I are on the receiving end of plenty of questioning and criticism from our media and our fellow citizens, and it's not always easy," she added. "But I wouldn't trade it for anything in the world."

Obama is focusing on promoting education and cultural ties during the weeklong trip, and will also visit the Great Wall, the historic city of Xi'an, and the southern city of Chengdu along with her mother and two daughters.

REUTERS

## Censuring censors

Censorship in Chinese news media and online is widespread, and Internet users in the country cannot access information about many controversial topics without special software to circumvent restrictions.

- The U.S. frequently criticizes China's human rights record, including

its lack of protection of freedom of speech.

- Former U.S. first ladies Laura Bush and Hillary Clinton both criticized other countries' human rights records while their husbands were in office.
- Twitter and Facebook are both blocked in China.

## In Gaza

### Hamas rally takes aim at Egypt, Israel and Abbas

Tens of thousands of Palestinians rallied in Gaza on Sunday to show support for their Islamist Hamas government, which has long been at loggerheads with Israel but is now shunned by

Egypt as well.

The military-backed government that toppled the Muslim Brotherhood, Hamas' ideological kin, in Cairo last year deems the Palestinian faction a security threat. An Egyptian court this month banned Hamas activities in the country, and Cairo has clamped down on smuggling tunnels across the Sinai-Gaza border.

## Quoted

**"The punishment of the people of Gaza must end."**

Ismail Haniyeh  
Head of the Hamas government

Hamas tried in vain to mollify Egypt by insisting that its hostility was directed exclusively

at Israel, but it is now turning up the rhetoric.

Hamas has repeatedly fought Israel, which withdrew from the Gaza Strip in 2005.

The Islamists won a Palestinian legislative election the next year and, after a uneasy power-share with the U.S.-backed rival faction Fatah, seized control of Gaza in 2007. **REUTERS**



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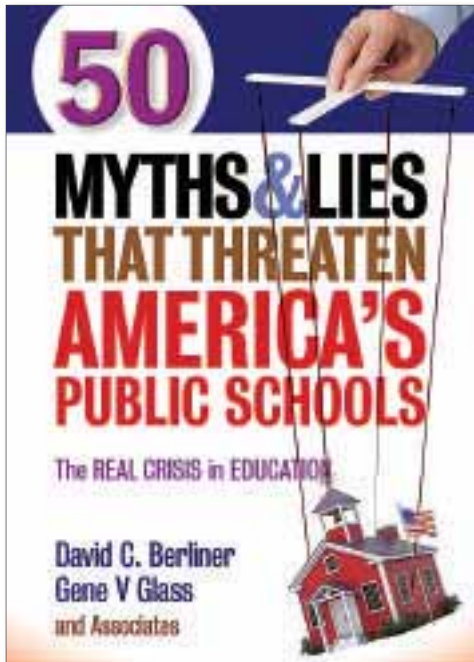
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# Myths about American schools



## Fact or fiction.

Authors and educators show that many citizens' conception of K-12 public education in the U.S. is more myth than reality.

The book "50 Myths and Lies That Threaten America's Public Schools: The Real Crisis in Education" is exactly what it purports to be: a compilation of false but pervasive claims — about the public-school system, teaching methods and how students learn — coupled with research-supported refutations of those claims.

The two lead authors, David C. Berliner and Gene

Glass, worked with a team of 19 other researchers in the field of education and cited hundreds of studies in their arguments.

"It pains us to see teaching turned into mind-numbing coaching for standardized tests," says Dr. Glass. And he knows that this project may ruffle some feathers. "To talk about our schools being 'threatened,' or to imply that some in the education-reform business might not be 100 percent truthful, is pretty strong language," he says. "Unfortunately the times call for strong language."

Here are six myths you need to stop believing:

**MYTH:** International tests show that the United States has a second-rate education system.

**TRUTH:** We lead the world in the number of high performers. The percentage of low performers correlates with our country's high child-poverty rate, which has long been linked to low test scores.

**MYTH:** Private schools are better than public schools.

**TRUTH:** After isolating variables such as poverty and parental involvement — proven to most affect academic achievement — public school students were actually found to outperform their private school

## Holding us back

### MYTH

Retaining children in a grade — "flunking" them — helps struggling students catch up and promotes better classroom instruction for all.

### TRUTH

Studies done on statistically similar children, one promoted and one flunked, report that the promoted child usually performs better in the higher grade — otherwise, the two do about the same on tests.

peers.

**MYTH:** Charter schools are better than traditional public schools.

**TRUTH:** Center for Research on Education Outcomes studies in 2009 and 2013 report that public schools outperform charter schools in both math and reading.

**MYTH:** Teachers should be evaluated on the basis of the performance of their students.

**TRUTH:** "Value-added measurement" methods have led to the neglect of poorer students, whose scores tend to be lower, and to school systems that cheat by making tests easier. Meanwhile, there have been no changes in the achievement gap, and testing gains on whole are small.

**MYTH:** Homework boosts achievement.

**TRUTH:** Multiple studies have found no link between homework and achievement. In the author's words, "There is more credible scholarship on the negative effects of homework than on its merits."

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## Quoted

"As for the cover, my opinion is that it is both charming and touching — and it was, I should add, entirely our idea to do it. You may have read that Kanye begged me to put his fiancée on Vogue's cover. He did nothing of the sort. The gossip might make better reading, but the simple fact of the matter is that it isn't true." Anna Wintour, in her cover letter

# 1 The Kimye Vogue cover: The backlash

Are you, like I am, curious about the amount of attention being paid to Kim Kardashian and Kanye West on the cover of Vogue? Let me enlighten you.

Here's the backstory: Vogue's editor Anna Wintour allegedly had never wanted Kim Kardashian on the cover of the storied fashion bible. Why? Well, despite Kardashian's successes in the fashion industry, girlfriend basically rose to fame via a sex tape and a reality TV show on E! And homie (in this case, Anna Wintour) don't play that; homie only plays upmarket.

However, it looks like Wintour is singing a different tune since Kardashian hooked up with

Kanye West. Reports flew around the Internet that West was on a one-man battle to get his fiancée on the cover. And he did: On Friday, the cover for Vogue's April issue landed with the couple in full wedding regalia with the headline "Their Fashionable Life and Surreal Times #WORLDS MOSTTALKEDABOUT COUPLE." ("Forget my shock about putting Kim Kardashian on the cover — I'm more disappointed Vogue used a hashtag on their cover," quipped a Metro editor.)

It's been big news all weekend, with Sarah Michelle Gellar tweeting: "Well.....I guess I'm canceling my Vogue subscription. Who is with me???" That got

Kardashian's best pal, Jonathan Cheban, tweeting back: "Do u matter?"

For the cover girl in question, Kardashian was so excited she misspelled "breathe" when she tweeted out: "This is such a dream come true!!! Thank you @VogueMagazine for this cover! O M GGGGGG!!!! I can't even breathe!"

Meanwhile, Seth Rogen and James Franco poked a little fun at the firestorm, tweeting out this photo of their heads on the couple. "It had to be done," Rogen added. Franco then posted the photo on his Instagram with the caption, "Seth! Love you, dog!"



# 2 CULTURE

## THE WORD

Dorothy Robinson takes on the world of gossip.

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# Cher dons bikini, headress on tour

Despite having a huge "Farewell" tour in 2005, Cher is back at it — and now in a bikini — for her "Dressed To Kill" concert series. The 67-year-old (!) kicked off the tour on Saturday in Phoenix and looked good, despite admitting to a ton of tech-nical/wig difficulties.

In a series of posts on Twitter, she wrote, "B4 showtime I was being fitted 4 costumes! Shoe man is punk, No boots, shoes! Learned new choreog yesterday. New wigs 2Nite! Killed ourselves ... Everything was so last min. Some wigs weren't perfect, but some just needed change. Never had costumes on till unite."

It seems like the costume drama is continuing from last week when Cher announced that Bob Mackie, her designer of 42 years, was bowing out from outfitting the singer for this tour.

"The man who made all my costumes since 1972 decided he couldn't do my last tour. No matter how disappointed any of u are, you don't know



my grief ... Felt I had to tell you. I'm crying," she wrote. Mackie responded, saying: "Nobody wanted to design this last tour more than I did! I am sick about it."

However, all of the crying seems to have done Cher good — who can wear an outfit like that at 67 without their family considering shipping them off to assisted living?

## Talking points

## Swift backtracks on Gomez friendship

Selena Gomez's reunion with Justin Bieber may have cost her a best friend, as Taylor Swift is reportedly drawing the line when it comes to the troubled Canadian pop star, according to Radar Online. "Taylor may not have the best reputation with her dating life, but at least she doesn't keep going back to the same loser over and over again like Selena does," a source says. "Taylor loves Selena, and they get along super-well, but it's hard for her to watch her best friend keep going back to Justin when she knows it's the worst thing for her. She feels like maybe Selena needs tough love. She

thinks Justin is disgusting and has basically told Selena she can't support their relationship and if she gets back with him their friendship will probably never be the same."

## Hill has more IRS trouble

Six months after finishing up a prison sentence for tax evasion, Lauryl Hill appears to be in trouble with the IRS once again, with the government agency hitting her with seven separate liens for unpaid taxes from 2005 through 2011 totaling more than \$866,000, according to TMZ. Last May, Hill was found guilty of failing to pay nearly \$1 million, something she blamed on a long history of racial inequality. "To me, it is obvious that the accumulation of generational trauma and abuse have created the very behaviors the system tries to punish by providing no sufficient outlets for the victims of institutional terror," she wrote in a lengthy blog post following her conviction.



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# Maggie Q on her fearless new role in 'Divergent'

**Interview.** It turns out Maggie Q is as brave in real life as she is on screen.

Leaping on to moving trains and jumping off buildings isn't something most people would rush to do, but then again, Maggie Q isn't most people. "I dive with sharks. ... I think it's really fun to explore that reckless side of yourself and have that glorified by everyone around you. Who doesn't want to experience that on some level?" she tells us.

It's no wonder she was right at home playing

Tori in the new dystopian movie "Divergent." Based on the best-selling book by Veronica Roth and the first in a trilogy, "Divergent" is about a society divided into five factions, each heralding a specific virtue: knowledge, peace, honesty, selflessness and bravery. Maggie Q's character Tori is, of course, one of the brave, a faction that participates in the aforementioned leaping on to moving trains and jumping off buildings.

Tori is the first to realize Tris (played by Shailene Woodley) is "divergent," someone who won't fit in anywhere. "We had an instant chemistry the first time we read together,

which is why I got the role," Maggie Q says of Woodley. "I love her. We feel like we were separated at birth. I look so forward to watching her grow in this business. She's a true talent, and seeing her flourish is going to be really great."

Maggie Q doesn't think it will be just teens who will relate to the movie. "It has so many real-life lessons," she says. "The overarching theme is how the choices we make affect the rest of our lives. In the movie, it's an overt choice when you're 16 — but the truth is, our choices every day are always going to set us on a path and they affect those around us who

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Maggie Q and Shailene Woodley have an even stronger bond off-screen than they do in the movie. / SUMMIT

#### Quoted

**"We feel like we were separated at birth."**

Maggie Q, on co-star Woodley

we love as well."

Of course, every big blockbuster needs a heartthrob and "Divergent" found it in actor Theo James, who plays a fellow member of the bravest tribe, alongside Maggie Q. "When I saw him on screen in the movie, my

#### Long haul

### Not diverging

Maggie Q is signed on for all three movies, and committing was yet another thing she did without fear.

"It's every actor's dream," she says of being tied to a project for so long. "It's the best problem to have, ever."

Instead, she was more concerned with her character.

"I [asked myself]: 'Do I like this character? Do I think I can bring something to her that no one else can? Does she have a journey in this series?' I felt that all those things were positive."

It also serves as a reminder that this movie is only the beginning.

stomach was just doing flip-flops because I was so excited. He's about to be the biggest heartthrob in the world, and I'm just so proud of Theo," she says.



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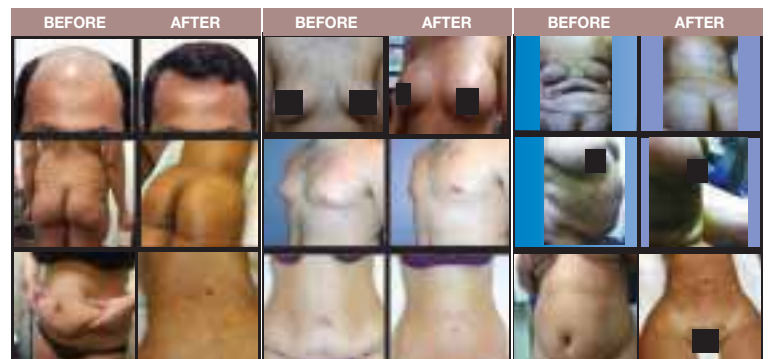
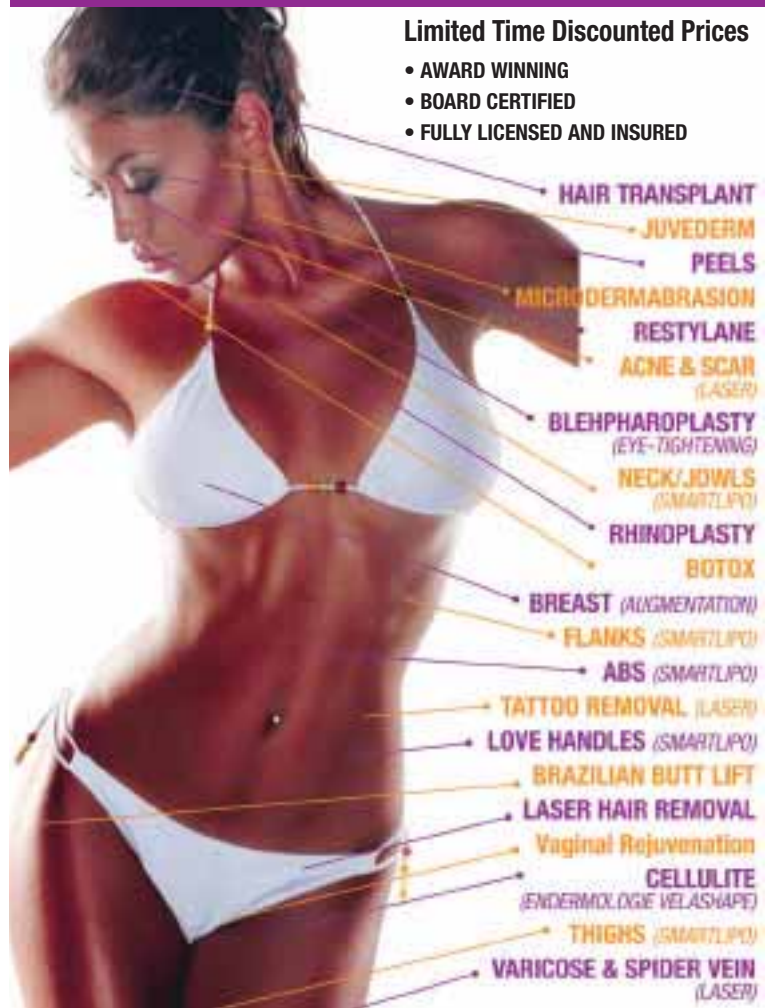
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## Box office. Audiences skip the Kermit film, flock to 'Divergent'



Ricky Gervais and Kermit's lookalikes failed in "Muppets." / DISNEY

### By the numbers

- 1 'Divergent'** \$56M
- 2 'Muppets Most Wanted'** \$16.5M
- 3 'Mr. Peabody & Sherman'** \$11.7M
- 4 '300: Rise of an Empire'** \$8.7M
- 5 'God's Not Dead'** \$8.6M

"Divergent," the story of a dystopian society that divides people based on personality traits, dominated weekend movie charts with \$56 million in U.S. and Canadian ticket sales, kicking off a new franchise for "Hunger Games" producer Lions Gate Entertainment Corp.

Walt Disney's family comedy "Muppets

Most Wanted" finished in second place, nabbing \$16.5 million from Friday through Sunday. A sequel to a 2011 "Muppets" movie, stars Ricky Gervais, Tina Fey and Ty Burrell.

Animated "Mr. Peabody & Sherman," produced by Dreamworks Animation Inc, took the No. 3 slot with \$11.7 million. (It, too, features Burrell.)

Rounding out the domestic charts, Greek warrior sequel "300: Rise of an Empire" landed in fourth place with \$8.7 million, while the independent faith-based new release "God's Not Dead" pulled in \$8.6 million to claim the No. 5 spot. This makes the second religious film this year, after "Son of God," to become a hit. **REUTERS**

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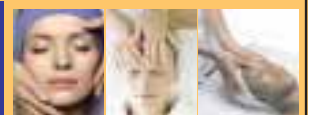
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The question

*I recently had a drink with an old girlfriend from high school who was in town for the weekend. The relationship is platonic. But I didn't tell my wife, and when she found out through a friend of mine, she completely flipped out. Was I wrong not to tell her, even if I knew it would make her upset?*

Lies of omission can be the most insidious, depending on their size. Sure, sometimes it may be a kindness not to trouble our loved ones with minor, seemingly innocuous matters that would unnecessarily upset them. But innocuous is relative. In this case, your lapse in disclosure seems to suggest a deeper issue of trust between you and your wife and, perhaps, between you and yourself.

Let's say you didn't tell your wife because you assumed she wouldn't understand and would assume the worst. What does this say about your assessment of her faith in you? Reflect on whether you've ever given her any reason for her not to trust you. If you haven't always been transparent and faithful, there may be a good reason why she is especially sensitive and reluctant to believe that

# A FRIENDLY MEET-UP: TO SPILL OR NOT TO SPILL?



Consider what your intentions were. / PURESTOCK

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your rendezvous is innocent. If that were true, and meeting with your old flame would open old wounds, you might want to think twice next time about keeping secrets.

Now, let's address your faith in your wife. Suppose you've never given her any reason not to trust you. Do you trust her to be a reasonable person who can anchor herself in the strength of your relationship and quell any irrational fears or flashes of jealousy? If not, you might have considered inviting her along, or perhaps even calling her from the bar to reassure her, slipping in an "I love you" so both women understand where they stand.

Finally, do you trust yourself? When setting out for this drink, was a part of you hoping to rekindle a spark, or perhaps seize an opportunity for something else? If so, con-

sider exploring your feelings about your marriage that are leading you to stray. Is the possibility for momentary satisfaction really worth putting your marriage in jeopardy?

Trust is the foundation of marriage. Without it, there can be no relationship. Once your wife has cooled down, I would suggest that you begin a dialogue about trust in your marriage. If that feels scary, a couple's therapist could help.

*This column is not intended to be a substitute for a private consultation with a mental health professional, nor is this therapist liable for any actions taken as a result of this column. If you have further questions related to this column, make an appointment with a licensed mental health professional.*

*Metro does not endorse the opinions of the author.*

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## Obamacare. You might still be eligible even after the deadline

The Obama administration will soon issue new Obamacare guidelines allowing people to enroll in health coverage after a March 31 deadline, but only under certain circumstances, according to sources close to the administration.

The sources said the new federal guidelines for consumers in the 36 states served by the federal health insurance marketplace and its website, HealthCare.gov, would allow people to enroll after March 31 if they had tried earlier and were prevented by system problems, including technical glitches.

On Friday, the administration published in the Federal Register new regulations that would allow state-run marketplaces new flexibility in setting insurance coverage effective dates for people who sign up during special enrollment periods.

President Barack

Obama's Patient Protection and Affordable Care Act requires most Americans to be enrolled in health coverage by March 31 or pay a penalty. It was not clear how much of an effort a potential applicant would have to make in order to qualify for a special enrollment period.

Last December, the administration granted special enrollment periods to thousands of people who were unable to complete enrollment on HealthCare.gov for coverage beginning January 1. Similar steps have been expected for the March 31 enrollment deadline for several weeks.

The U.S. Department of Health and Human Services could not confirm whether an announcement was expected soon but said the administration would not neglect people who have problems enrolling.

"Open enrollment



HealthCare.gov was overwhelmed by technical glitches for much of last October and November, the first two months of Obamacare's six-month enrollment period. / EUSE

**Deadline**  
**3/31**

Open enrollment ends this month.

ends March 31. We are preparing for a surge in enrollment, and if consumers are in line [by then] and can't finish, we won't shut the door on them. To be clear, if you don't have health insurance and do not start to sign up by the deadline, you can't get

coverage again until next year," HHS spokeswoman Joanne Peters said in a statement.

Some states with problem marketplaces had sought to delay the March 31 enrollment deadline outright. But officials say they were encouraged instead to follow the special enrollment model during discussions with HHS.

Over 5 million people have signed up for private coverage through the federal site and 14 state-run marketplaces. **REUTERS**

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# Let go of the body and the mind will follow



## The process

Creating space in the mind and body means allowing for the negative and positive forces in our lives to coexist. Yoga isn't going to simply eliminate all of your problems.

- "[Yoga] is not pushing away sadness, not

pushing away guilt, envy, jealousy or anything like that," Yee says. "We're creating space inside so that it's not just the sadness — there's the joy, too, so you're not overwhelmed by something that seems like it consumes you."

You can visit Yee at her new studio, Yoga Shanti (46 W. 24th St., 1st Floor, 212-255-9642). / PROVIDED

**Breath.** Not getting what you want out of yoga? First, ditch your expectations.

Is downward dog making you feel down and out? If you've ever felt discouraged in a yoga class, you're not alone: Even Colleen Saidman Yee, known as "The First Lady of Yoga," has been there.

"I get frustrated with my practice, totally," says the 55-year-old teacher, who just opened her first

NYC studio (she'll teach with her husband, Randy Yee, every other week) and released her second solo DVD, "Calorie Killer Yoga."

Yoga is touted not only for its ability to build strength and burn cal, but also for its mind/body connection, promising students a sense of calm during and after class. But — especially in our hectic city lives — that inner quiet can be elusive. And not finding that peace can add stress to the pile we already bring to class.

Ironically, one way to find that calm, Yee says, is

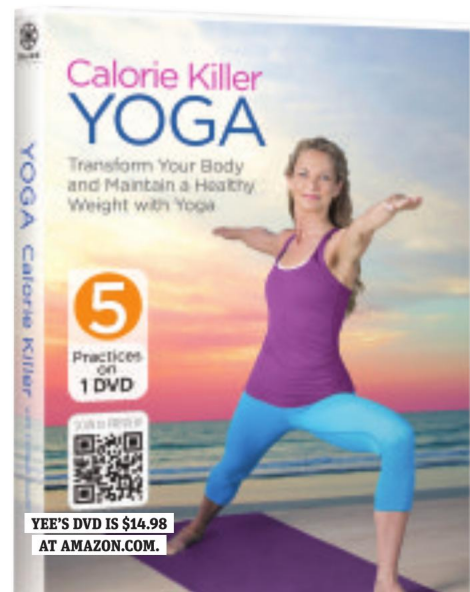
to drop your expectations of how you should feel after yoga.

"You have to realize that we're human and we're having a human experience, and part of that human experience is not living up to your expectations," she says. "If we don't have expectations, then we don't have to live up to them."

From there, it's important to understand that the practice is a gradual one, undoing layers that we've built up around ourselves. It's inside those layers, Yee says, that peace lives.

"What yoga does is [go] into those places that you keep bound up, to whittle away at [them], to create more space and to let go of the stories and the traumas that [are] held in your areas," Yee says. That area where you hold your stress could be your throat, stomach or anywhere else. But through yoga, letting go of bodily stress means that the mind can get started on its own work.

"In the same way you go to a psychologist to work out the mind stuff, you go into the body," she says. "And it works the other way too: When you release the body, you release the mind."



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# Here comes the weight gain

Whether or not there's heavy pressure, brides can expect to gain a little wedding weight. /PHOTODISC

## Weddings.

Brides-to-be feeling pressure to drop pounds actually gain more.

Pressure from family and friends is wedlocking women into weight gain. New research from Flinders University in Adelaide, Australia, shows that the demands of those nearest and dearest to the brides-to-be encouraging her to lose weight actually had the opposite

effect: Brides feeling heavy pressure gained close to 9 pounds on average six months after their wedding. Brides without that kind of pressure gained on average 4.4 pounds.

Ivanka Prichard, the lead researcher in the study, explains what the findings mean.

### Where does the pressure for brides to lose weight come from?

Our research shows that it stems from a number of sources — mothers of the bride, their fiancés, friends, bridal dressmakers

and the media.

### Is pre-wedding dieting actually detrimental to long-term weight loss?

In general, research shows that weight gain is common after dieting. The best way to achieve long-term weight loss would be to modify health-related behaviors, such as increased physical activity and healthy eating, and maintain this change in the long-term.

EDWARD THOMPSON  
@metronewyork  
letters@metro.us



## Crush it

### Thumbs hurting from 'Candy Crush'? These moves can help

If you're one of the 46 million monthly Candy Crush players, your fingers are probably hurting after a particularly intense round. Take care of your extremities with these warm-up moves from Dr. Steven Beldner, a hand specialist from Mount Sinai Beth Israel,

who paired up with King, the company behind the addictive game.

**1** Gently rotate the thumb in a circle.

**2** Spread the thumb away from the hand.

**3** Lay hand face up flat on a table, then bring the thumb up.

**4** Alternate touching each finger to the thumb.

**5** With hand extended, touch each finger to the palm.

**6** Spread the fingers apart from each other. Hold, then release.

**7** Shake the wrist side to side.

**8** Put the hand in a fist, then bend at 90 degrees at the wrist.

Repeat each move five times. **METRO/ME**

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# Dating within the workplace? Half of you are doing it



Involved in an office romance? You're in the majority. / COLOURBOX

**Sorry, HR.** In a new survey, 56 percent of professionals claim to have participated in some sort of relationship in the office.

While it may seem apparent that workplace romances are shedding their stigma, a new study from Vault.com shows that the balance is actually tipping so far in the opposite direction that dating is now the norm: Fifty-six percent of the business professionals surveyed said they have participated in a relationship with a co-worker.

"I think generally there's been a breaking down of barriers between personal and work lives that goes back at least a couple of decades. It started with the advent of cell phones and email and has continued gathering speed ever since," says Philip Stott, editor at Vault.com.

"That same technology also facilitates relationships between people in ways that weren't possible when you had to time your trips to the water cooler — and risk being away from your desk — if you wanted to flirt with a

## Men vs. women

The survey also found that women are more likely to date a supervisor, while men are more likely to date a subordinate. Even though the data doesn't look any closer at the reasons why, Stott offers an explanation.

- "At present, only 46 of Fortune's top 1,000 companies are led by a woman — a stat that suggests that the pool of talent right below CEO is also heavily male-dominated. With that lack of balance, it's no

surprise that the majority of relationships between colleagues at different levels in the company would involve a higher-placed male colleague."



## Quoted

**"My best guess would be that it's because men are simply more likely to be in senior positions than women."**

Philip Stott, on why men are more likely than women to date a subordinate

colleague," Stott explains. "Add in the fact that the amount of time the average employee is spending at work has been steadily creeping up, and you start to wonder how relationships ever get started anywhere else."

For the people behind the survey, the most surprising fact was how differently men and women approached relationships. "What did stand out

this year were the different experiences being reported by men and women. Women are much more likely to report that a relationship with a colleague turned into something serious, for example, while men are more likely to have had casual flings," says Stott.

LASSE EMIL KRISTIANSEN  
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## Horoscope

**♈ Aries | March 21-April 20.** There seems to be a lot of anxiety and frustration in the air around you. Don't get caught up in everyone else's business.

**♉ Taurus | April 21-May 21.** Don't expect favors today. Propel yourself to the front of the crowd and let everyone know what you want. Waiting in the background will get you nowhere.

**♊ Gemini | May 22-June 20.** Don't give in to other people's demands. Trying to please everyone will leave you frazzled and ready to blow.

**♋ Cancer | June 21-July 22.** A great chance for a new position should be considered. Resolve any issues that could deter you from getting ahead.

**♌ Leo | July 23-Aug. 22.** Concentrate on improving your cash flow. Don't risk being criticized by someone because you strayed from the truth or didn't stick to the rules.

**♍ Virgo | Aug. 23-Sept. 22.** Concentrate on improving your cash flow. Don't risk being criticized by someone because you strayed from the truth.

**♎ Libra | Sept. 23-Oct. 22.** Share your home-improvement strategies. Your creativity will shine if you put your plans into action. Live up to a promise.

**♏ Scorpio | Oct. 23-Nov. 21.** You are likely to become involved in a heated discussion. Don't get drawn into a shouting match. Keep your temper in check.

**♐ Sagittarius | Nov. 22-Dec. 21.** An issue can be resolved with help from a friend. If you trust the suggestions being offered, you will gain perspective.

**♑ Capricorn | Dec. 22-Jan. 20.** Refuse to let anyone draw you into an unsettling situation. Remain true to your beliefs. Let your feelings be known.

**♒ Aquarius | Jan. 21-Feb. 18.** Find an innovative way to boost your income. Consider your strengths and weaknesses, and devise a plan.

**♓ Pisces | Feb. 19-March 20.** If you want your plans approved, you will need to be upfront about any foreseeable difficulties and offer concrete solutions.

BERNICE BEDE OSOL

## Letters

## Reagan raised GDP spending, then razed the USSR

**Re: 'Reagan did help world redecorate without the Iron Curtain' (Metro, March 18)**

Timothy Laren incorrectly says that the U.S. did not get help from France during The Revolutionary War. Without France's monetary support, as well as many of France's generals and other military officers, we would have lost in a year or two.

Also, my political science professor in 1977 told the class that the USSR was spending 22 percent of its GDP, while the U.S. was only spending 6

percent of its GDP. He correctly predicted that we would win the Cold War because of economics. Reagan increased our GDP spending to over 9 percent, which forced the USSR to increase to near 35 percent of GDP.

This action weakened the USSR logistically (feeding their troops) which allowed the Soviet states to protest against a weakened USSR. The USSR was going broke. Ask any general and he will tell you that "an army marches on its stomach."

This is why Reagan is credited with the USSR downfall.

MIKE PALERMO, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

## Sudoku: Easy and hard

2		9					7	8
	6			3	9			1
5	8		2			6		
			7			4		
	7			9			5	
		6			2			
		1			4		3	9
4			9	2		6		
8	9					1		2

9	1			6		2		
4				2	3			
	8	2	9		5		7	
7								3
			8		4			
1								4
	4		5		1	6	3	
		1	6					9
		5		4			1	2

## How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Crossword

## Across

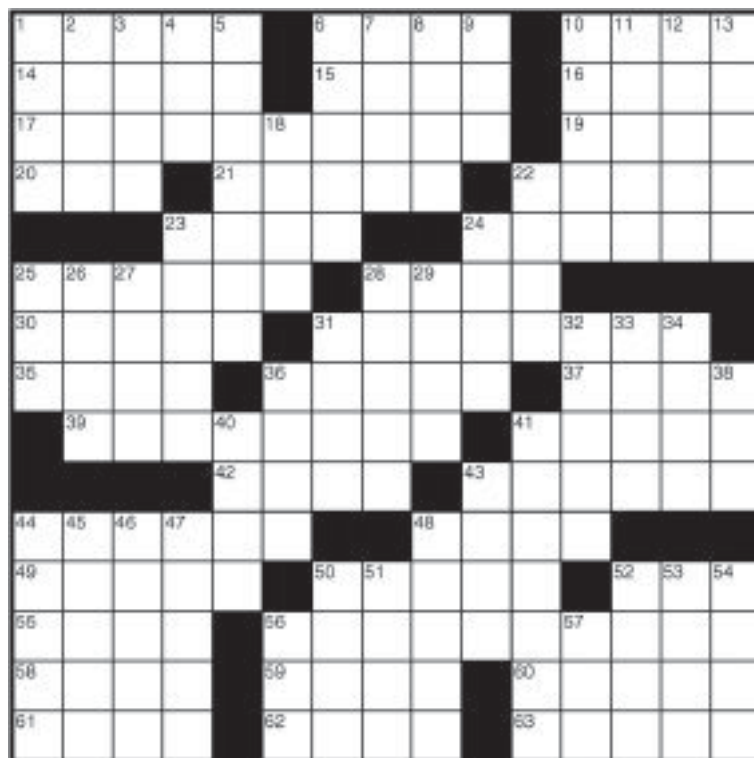
- 1 Pencil end
- 6 Pinnacle
- 10 Pour forth
- 14 Deed holder
- 15 Vast emptiness
- 16 Come unglued
- 17 Minor misdeed
- 19 Honda rival
- 20 That muchacha
- 21 Spore producers
- 22 Not over
- 23 Links org.
- 24 Move up the ladder
- 25 Calyx segments
- 28 Playing marbles
- 30 Old saying
- 31 Food service
- 35 Gumshoe's assignment
- 36 Made some bread
- 37 Whiskey grains
- 39 On top of that
- 41 Doesn't just diet
- 42 Skylab builders
- 43 Most appealing
- 44 Goings-on
- 48 Source of harm
- 49 Jockey
- 50 Clan chieftain
- 52 Dream phenom
- 55 Earthenware jar
- 56 Made easy
- 58 Poet's contraction

## Down

- 59 A Great Lake
- 60 Chips
- 61 Blows it
- 62 Garden intruder
- 63 They come in for a landing
- 1 Bishop of Rome
- 2 Feels grateful
- 3 Machu Picchu builder
- 4 Toshiba rival
- 5 Squash
- 6 St. Teresa's town
- 7 Unfriendly
- 8 Wire thicknesses
- 9 Tokyo, to shoguns
- 10 Cannes coin
- 11 Magna cum —
- 12 Nash of humorous poems
- 13 Creepy
- 18 Feet, slangily
- 22 Gorbachev's domain
- 23 Bock relative
- 24 Still snoozing
- 25 Pouch
- 26 Gouda cousin
- 27 El —, Texas
- 28 — — fresh start
- 29 Roman route
- 31 James' fmr. team
- 32 Teed off

- 33 Financial page org.
- 34 Understands
- 36 Glamorous wraps
- 38 Mach 1 exceeder
- 40 NASA employee
- 41 Financial support
- 43 Mr. Sagan
- 44 Male honeybee
- 45 Fuel carrier
- 46 Lazy one
- 47 Approaches
- 48 Chimp or chicken
- 50 Trevi Fountain coins
- 51 Yves' girlfriend
- 52 Paddy crop
- 53 Cartoon shrieks
- 54 Inventory wd.
- 56 Baste
- 57 "Bah!"

## Weekend's answer



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# 3

## SPORTS



### Adding depth

## Johnson: Jets like Jackson

Jets owner Woody Johnson didn't mince words Sunday talking about trading for Eagles receiver DeSean Jackson ahead of this week's league meetings. "We're looking at a number of players, including DeSean," Johnson said. "He's a very good player." Jackson would be a \$12.5 million salary cap hit in 2014.

# Pineda continues to make case for No. 5

**MLB.** Despite allowing his first runs of spring, the former top prospect looked strong as decision looms.

Michael Pineda gave up his first runs of spring training Sunday, but he continued to look sharp in his quest to return to his form from two years ago — and win the Yankees' No. 5 spot in the rotation.

Pineda gave up two earned runs in six innings, struck out two and allowed no walks in a 3-1 loss to Toronto.



Pineda is recapturing some of his All-Star form from 2011 after undergoing major shoulder surgery. / GETTY IMAGES

The 25-year-old, who hasn't pitched since late 2011 with Seattle, had pitched nine scoreless innings with 14 strikeouts

and one walk prior to Sunday.

But the Yankees are still very impressed with what they've seen from

the former rookie sensation. Manager Joe Girardi said on Sunday he would name his fifth starter on Tuesday.

David Phelps has put together a strong spring as well, but the team has not considered going with a six-man rotation. Phelps, 27, has allowed six runs in 19 2/3 innings (2.75 ERA) with 14 strikeouts. He made 12 starts in 2013.

Girardi also said on Sunday that Jacoby Ellsbury (calf) will continue to take batting practice, with a possibility of playing on Tuesday.



MARK OSBORNE  
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mark.osborne@metro.us

### Moving on



FARNSWORTH HAS PITCHED FOR EIGHT TEAMS.

GETTY IMAGES

## Mets release Farnsworth, lose to Braves

The Mets cut bait with veteran reliever Kyle Farnsworth on Sunday.

The former Yankee, among a host of other teams, was a non-roster invitee to camp, but did not impress. He allowed five runs and 10 hits, including two homers, in eight spring innings.

The Mets lost 4-2 to the Braves on Sunday, getting just two hits.

METRO

### More Madness

## Stanford upsets Kansas, Cats beat Shockers

The first No. 1 fell on Sunday, while the likely No. 1 pick in this year's NBA Draft is also going home.

Preseason No. 1 Kentucky, which rode an up-and-down season to a No. 8 seed, knocked



Talent-laden Kentucky is moving on. / GETTY IMAGES

off 35-0 Wichita State, 78-76. Bronx native Cleanthony Early had 31 points in the loss.

Meanwhile, top NBA prospect Andrew Wiggins and Kansas became the second No. 2 seed to lose — after Villanova on Saturday night — in a 60-57 defeat by No. 10 seed Stanford. Fellow freshman star Joel Embiid did not play. METRO

### Clutter cleaned up

## Isles pick up win over Blue Jackets

The Islanders picked up a rare home win, 2-0, over the Blue Jackets in a Sunday matinee thanks to a shutdown effort from goaltender Evgeni Nabokov (41 saves).

The Isles were 2-10 in their last 12 home

games prior to Sunday.

The win did more to damage Columbus' playoff hopes than help New York's. The Islanders' season is all but officially finished, while the Blue Jackets are in 10th in the East — one point out of eighth.

Cal Clutterbuck and Travis Hamonic scored for New York in the win. METRO

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# Frequent BATHROOM TRIPS? Bell Ezee Flow Herbal Tea #4a

■ **Men** Natural nutritional support for urinary ease & comfort. Relief within 3-5 days from dribbling, discomfort, urgency, poor flow. Instead of getting up many times most need to get up only once or not at all each night. For many years a favorite for mature men. Good sleep helps to have more energy all next day. Also blood flows more easily where it counts for better sex life. Thousands of satisfied repeat customers. No side effects. We have literally hundreds of testimonials.

■ **I was skeptical.** I bought a box and it worked as advertised. Within a week I had relief. *Howard Toy, 69, Henderson, NV* ■ **It's heaven to sleep through the night.** For many years I had 6-7 sleep interruptions every night. Had urgent trips to the bathroom day and night with discomforts. I enjoy my new life. *Angus Pike, Oshawa, ON*

■ **I am truly amazed and relieved.** After 2 weeks I no longer have to get up during the night. I'm enjoying a normal sex life again. I hope a lot of men with a prostate issue give this tea a shot. It's difficult to express how delighted I am. *Clarence A. Rehrig, 58, Allentown, PA* ■ **Know the truth.** This is my third year of drinking the Ezee Flow Tea. I highly recommend it. A real life saver. *Thomas M. Thurston, Forsyth, GA* ■ **Women** suffering with incontinence, UTIs ask for Bladder Control Tea for Women #4b. Guaranteed relief within days. **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**



#26

■ **Bell Blood Pressure Formulation helped me feel great.** Thank you for this wonderful product. *William Oliver, Portsmouth, VA* ■ **I have been taking Bell #26 now for one year.** My mom and brother started taking it as well. Even my pastor is on it now. Thanks! *Mary Earl, Longview, TX* ■ **I started to take Bell Blood Pressure Formulation #26.** After about 30 days my blood pressure was normal. My doctor was very happy with me. *Irene Surridge, 67, Owen Sound, ON* ■ **A friend recommended Bell BP Formulation!** When a friend had good results I decided to try it. After taking Bell Blood Pressure Formulation #26. It made a difference in my life. *Milton Perdomo, 68, Rego Park, NY* **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**

## Blood Pressure Formulation

**Dr. C. Hammoud M. H., PhD,** recommends this natural, effective fish peptide product to nutritionally support the body's normal blood pressure function. "A science-backed herbal phytonutrient. Promotes flexible, relaxed blood vessels in healthy persons. "A one-of-a-kind formula that offers unprecedented nutritional support for your overall health and well-being. "We have thousands of repeat customers. Blood pressure is a focal point of cardiovascular wellness. "Achieve your balance and maintain your balance and a healthy range."

# CLEAR SKIN

**Dr. C. Hammoud, Master Herbalist, PhD,** guarantees satisfaction. Helps to maintain healthy skin from the inside simply by cleansing the blood, instead of attacking the skin from the outside with creams or washes. "This makes sense. Usually you can see how it benefits your skin within days. "Many people wrote they were surprised how fast it worked. Lots of testimonials from pleased users on our Bell website. There is absolutely no risk for trying Dr. Hammoud's product."



■ **Last couple of years I tried everything.** Results with Bell Skin Disorders #60 were unbelievable. I have beautiful skin again. Thanks **#60** for giving back my self-esteem. *Nelisa Royer, 28, Doran, FL* ■ **My mom bought Bell #60.** I was skeptical. It did work quickly and better than anything else. *Christopher Seraphin, 14, Brooklyn, NY* ■ **It worked.** I no longer have to hide at home, because I was ashamed to be seen. *Agnes Casillas, 60, New York, NY* ■ **Can wear again dresses** that are backless. My skin looks fantastic. Thank you from the bottom of my heart. *Yvette Maclean, 40, Lodi, CA* ■ **I was trying everything for years** and nothing worked. I felt physical and emotional pain having to hide. Finally I found your Bell #60. I'm so grateful and impressed about how fast it worked with amazing results. *Eulalia Isabel Sanchez Martin, 30, Brampton, ON* **Skeptics can call everybody. All are real people like you or your friends.**



#23

## SNORING?

*As recommended by Dr. Gifford-Jones M. D.*

Here is proof that snoring can be corrupting your health and your marriage. Three out of 10 couples are considering divorce because of snoring says a major magazine article. You are not alone! An official survey says 48% of all people snore. 75% are affected, if you add non-snoring husbands that have snoring wives or vice versa. Snoring is caused by slack muscles in the throat. A common complaint is that people feel that they are not well rested in the morning. Many people wrote they are now sleeping like a babies. Their partners are delighted. This natural health product Sound Sleep #23 usually helps the first night. No side effects.

■ **College professor had lack of good sleeps with many interruptions** for last 8 years that made her tired during the day. Within 3 days taking Bell Sound Sleep #23 the terrible snoring stopped. I wake up feeling refreshed and energized. I can concentrate in a focused, happy manner. I feel delighted with this natural product. *Dr. Anele E. Heiges, 77, New York, NY* ■ **A life changing product.** The very first night I took the capsules and every night after I had a restful and wonderful sleep. It has been a God send and blessing. I am by nature a skeptic. The money-back guarantee convinced me to try it. *Jimmy Pay, 53, Gardendale, AC* ■ **3 Years on Bell Sound Sleep #23.** My wife and I are entirely satisfied. Snoring episodes have completely disappeared. This has improved our lives enormously. *Leo Fortin, 60, St-Georges, QC* ■ **Basically you saved my husband's life.** For the last 5 years my husband had very bad nights. Bell #23 was nothing short of a miracle. I have my husband back. No more snoring. No more napping during the day. I am telling all our friends. *Bonnie Johnson, 64, Wichita, KS* ■ **My life changed. Sleep now 7-8 hours.** I am a retired college professor and author of books. I have no more need to nap during the day. Nothing I tried helped until I started Bell Sound Sleep. I am so delighted with this product I would like to make motivational speeches to help others. *Carmen V. Caruso, 66, Ann Arbor, MI* **On the Bell Website we list phone numbers or email addresses of actual users of this product and all other Bell products. Most are delighted to talk about their relief.**

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

■ **AVAILABLE IN MANHATTAN:** New Life Nutritional Centre 714 W. 181 St. Cash Rx Plus 746 10th Ave. @ W 51st St Cordette Drugs 55 W 39th St @ 6th Ave. Cross County Pharmacy 1514 Madison Ave. @ 103rd Food For Health 1653 3rd Ave. New London Pharmacy 246 8th Ave @ 23rd St. A Matter of Health 1478 1st Ave. @ E 77th St. Ajanta Pharmacy 2718 8th Ave. @ 145th St Arrow Pharmacy 883 9th Ave. @ 57th St. Blake Pharmacy 1868 3rd Ave. @ 103rd St. Bliss Pharmacy 1590 Madison Ave. @ 107th St. C & C Nutrition 561 W 179th St. @ St. Nicholas Ave. Dile Punab Deli 170 9th ave @ 20th @ 21st St. Harlem RX Pharmacy 102W. 116TH St. Health IS Wealth 184 7th Ave. Earth Matters 177 Ludlow St. @ Houston St. Elm Health 1695 1st Ave. @ E 88th St. Metro Drugs 7 West 14th St. near 5th Ave. Metro Drugs 931 Lexington Ave. @ 68th St. #92 Pharmacy 1938 2nd Ave. @ E. 100th St. VLV Med Pharmacy 4085 Broadway St. Earth Matters 177 Ludlow St. @ Houston St. Gary Nul's Uptown Whole Foods 2421 Broadway St. Health Harvest 820 2nd Ave. Natural Green Market 162 3rd Ave. Pro Health Pharmacy 385 2nd Ave. Pro Health Pharmacy 370 Lexington Ave.

■ **AVAILABLE IN ALL BOROUGHES OF NEW YORK CITY CALL US FOR FURTHER INFORMATION:**



In other towns try your local health food stores first. If they don't have it and don't want to order it for you, order on our website or call us with Visa or Mastercard. S & H \$9.95.

**www.BellLifestyle.com 1-800-333-7995**

**Bell uses the power of nature to help put life back into your lifestyle**